

GOURMET FISHING

Season IV- Episode 11



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Abacos Bar & Grill's Hollandaise Sauce Steak Oscar



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Contents

Thank you for downloading our Info-Short recipe

- 3 Grocery List - Hollandaise Sauce & Steak Oscar
- 4 Abacos Bar & Grill's Hollandaise Sauce
- 6 Abacos Bar & Grill's Steak Oscar



Abacos Bar & Grill's Hollandaise Sauce





Grocery List

Hollandaise Sauce & Steak Oscar

- | | |
|-----------------|--------------------------|
| Egg | Rib Eye Steaks |
| Unsalted Butter | Large Shrimp |
| Lemon | Asparagus |
| White Wine | Oil |
| Salt | Lemon |
| Cayenne Pepper | Salt |
| | Black pepper |
| | Granulated Garlic Powder |
| | French Bread |



Hollandaise Sauce & Steak Oscar Ingredients

Hollandaise Sauce



Ingredients

- 3 Egg Yolks, room temperature
- ½ cup Unsalted Butter, clarified
- 1 Tbs Fresh Lemon Juice
- 1 Tbs White Wine, your choice
- Pinch of salt
- ¼ tsp Cayenne Pepper

Place the egg yolks into a food processor or a blender and blend or process for 30 seconds at a medium speed. Next, add lemon juice and wine. Mix to combine. Next, we will slowly add the butter in a slow stream with the processor speed on low. Next, add a pinch of salt and the cayenne pepper and pulse to combine thoroughly.

That's our Hollandaise Sauce.

Traditional Hollandaise Sauce

EGG YOLKS + CLARIFIED MELTED BUTTER + ACID (LEMON JUICE OR WHITE WINE)

3/1/1 Rule: 3 Egg Yolks, 1 Stick melted Butter, 1 Tbs Lemon Juice or Wine
Place eggs in a blender and blend on medium for 30 seconds. Add the lemon juice. Reduce the speed to low and slowly add the clarified butter in a slow, steady stream. Salt and pepper to taste.



Steak Oscar



4 Servings

Ingredients

- (4) 6-8oz Rib Eye Steaks, room temperature
- (16) Large Shrimp, peeled & deveined with tails intact
- (1) Batch of Asparagus
- Oil
- Lemon
- Salt
- Black pepper
- Granulated garlic powder
- Abacos Bar and Grill's Hollandaise Sauce
- French Bread, Toasted

Preheat the oven at 450°F.

Prepare the asparagus by removing the last couple of inches of the stalks; the tough parts. Place the asparagus on a sheet pan and drizzle with olive oil. Toss to coat. Salt to taste, and then add the zest of the lemon. Next, add enough lemon juice to coat the asparagus. Spread the asparagus in 1 layer and place in the preheated oven for 5-10 minutes.

While the asparagus is baking, let's salt, pepper, and garlic our steaks: on both sides. Add oil to a pan and place the steaks into the pan. Pan Sear your steaks to your desired doneness. Try to get a good crust on the steaks.

Remove the steaks from the pan and let them rest on a plate for atleast 5 minutes.

Check on the Asparagus and remove them when they are tender.

While the steaks are resting, it's time to pan-sear the shrimp. Salt, pepper and garlic the shrimp to your taste. Add a little lemon juice if desired. Place the shrimp in 1 layer in the same pan you cooked the steaks. Cook the shrimp for about 2 minutes and then turn and cook for an additional 90 seconds or so until done.

Place the asparagus on a warm plate. Top the asparagus with the rested steak, and then top the steak with the pan-seared shrimp. Top the shrimp with the hollandaise sauce and also add some sauce to the asparagus. Garnish with lemon and or lime slices. Add a couple of toasted French bread slices.

Enjoy,



Gourmet Fishing



We catch fish, and then, We cook our catch...

Hollanda



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